

Neighborhood Resilience Walks Toolkit

What is Trauma Informed Awareness Week?

The Columbus CARE Coalition hosts Trauma Informed Awareness Week each year with activities to increase knowledge and awareness of the impact of trauma and to uplift community resiliency within not only Columbus but also around Ohio,

How Can You Get Involved?

Host a Neighborhood Resilience Walk! We know that when trauma happens to one of us, it happens to all of us. Building resilience in ourselves, each other, and in our communities helps us find healthy and safe ways to connect with each other. One great way to connect with each other, build community, and get outside all at the same time is to host a Resilience Walk!

Steps to Host a Resilience Walk in Your Neighborhood:

- Identify a starting place for your walk
 - Can be a park, library, rec center, school, garden, etc! Anywhere with available parking is a good choice
 - Plan an accessible route for your walk
- Assemble your team
 - Identify people or organizations that are invested in your community and invite them to join the walk
 - Ask partners if they would be willing to talk about Resilience Factors during the walk (See attached Resilience Factors flyer)
- Identify the date and time
 - We recommend after school or weekends so more people can join!
- Spread the news!
 - Use social media, Next Door, flyers, word of mouth, etc.
- Gather any supplies that you want to include
 - Can pick up 10 CARE yard signs from Columbus Public Health
 - Can include sidewalk chalk as an activity to write/draw about resilience
 - Have partners donate or provide snacks and water bottles
- Day of the Walk
 - Start with welcomes and introductions to build community
 - Have partners read/talk about the 5 Resilience Factors at various intervals during the walk
 - Incorporate any other activities that build on the resilience factors
 - Enjoy your walk with your community!